

Hat's off to Women's Health

Breast and Cervical Cancer Skit

2003



Hesitant Hannah

- Take Charge of your own health.
- American Cancer Society Recommends:
 - 18 and older, yearly pap, pelvic and clinical breast exam
 - BSE monthly
 - 40+, Mammogram yearly



Fatal Flo



- Being female puts you at risk for breast cancer.
- Risk Factors:
 - Age
 - Early menarche/late menopause
 - No children, or first child after 30
 - Family history
 - Benign lumps

Fearful Frances

- Make your appointment 7-10 days after the first day of your period.
 - After menopause, pick a date that is meaningful.
- Reduce Caffeine intake
- Low-fat diet



Misinformed Mary



- Radiation exposure from a mammogram is very low.
- Mammography facilities are required to be certified by the Am. College of Radiology and the FDA.

Shy Shirley

- The doctor's visit is a professional relationship with the patient. Try to focus on this.
- Breast cancer patients have a five year survival rate of 97% if cancer is detected early.



Flat Fern



- Breast size varies between individuals and changes throughout your lifetime.
- 99% of breast cancers affect women.
- Early diagnosis = less treatment & better chance of survival.

Busy Betty



- Make time for your health so you can continue to care for your family
 - Monthly BSE
 - Yearly clinical, pap, pelvic exam
 - 40+, mammogram yearly.

Penny-Pinching Pearl

- A healthy life means taking care of yourself
- UCCP offers screenings at your local health department.
- Call 1-800-717-1811 to make a free or low-cost appointment.



Painful Polly



- Pap test is simple and painless...breath deep, and try to relax.
- Cervical cancer has no early signs and symptoms.
- Pap test is the only way we have to detect cervical cancer.

Optimistic Opal



- Continue to eat your 5-9 fruits and vegetables a day!
- All women are at risk for cervical cancer
- Cervical cancer has no symptoms, no pain, no signs.

Embarrassed Emily

- Pap test is the single most important test available to detect cervical cancer
- Early detection is the KEY!
- 99-100% curable if found early



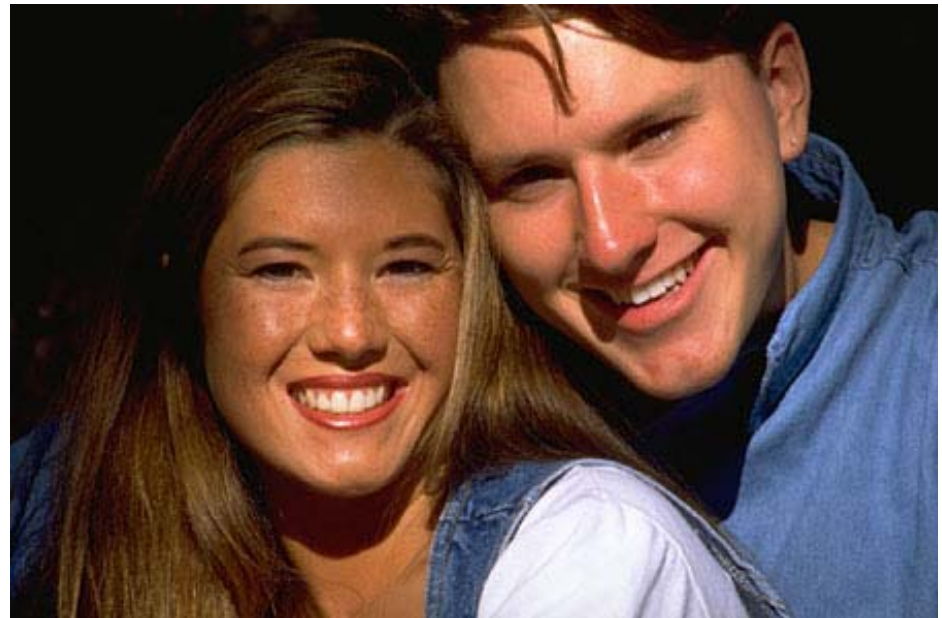
Safe Sally



- Regardless if you are:
 - Taking birth control, pregnant, menopausal
 - sexually active or non-sexually active
 - 18 & older **pap, pelvic exam yearly**
 - Had a hysterectomy, tubal ligation, check with you health care provider

High Risk Ruby

- Risk Factors:
 - Having sexual intercourse before age 16
 - more than 2 sexual partners or partner who has had more than 2 sexual partners
 - History of STI
 - Smoking



Aging Angie



- Pap test is not just a test for pregnancy or STI's
- Cervical cells are often still present even after a hysterectomy
- Pap test for life!



Questions?

About the services
the Utah Cancer
Control Program
offers,

Please Call
1-800-717-1811